

Senior Center Staff

Jessica Zink Supervisor, Senior Citizen Activities
CarolAnn LaBarbera Recreation Leader
Sandee Whitman Keyboarding Clerk 1
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Loren Kutcher Building Maintenance Worker
Office Volunteers: Carmen Sollod

Department of Parks, Recreation, & Community Services

Lou Ann Benson
Director & Municipal Alliance Coordinator
732-247-0922, ext. 475

Important Phone Numbers

Senior Center 732-418-2222 or 732-247-0922, ext. 820
Middlesex County Area Transit (MCAT) 800-221-3520
Municipal Building 732-247-0922
Department of Public Works 732-297-1134
North Brunswick Police 732-545-3200
Emergency 9-1-1

June Senior Sage

North Brunswick Senior Center
15 Linwood Place
732-247-0922, ext. 820 Fax 732-418-3665
Email: jzink@northbrunswicknj.gov
clabarbera@northbrunswicknj.gov
Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III
Council President Bob Corbin
Councilman Ralph Andrews
Councilman Bob Davis
Councilwoman Shanti Narra
Councilwoman Cathy Nicola
Councilman Carlo Socio

Special Events & News

EXERCISE PROGRAMS!

Mondays– NEW TIMES

9:30-10 am Chair Yoga with Jaclyn
10:20-10:50 am ZUMBA
11 am–12 pm Primetime Fitness (video)

Tuesdays

9:30 am– Senior Walkers (sign up at DPRCS office)
9:30 am & 12:30 pm Healthy Bones

Wednesdays

9:30 am– Line Dancing
10:30- 11:15 am Chair Yoga with Donna

Thursdays

9:30 -10 am Zumba with Andrea
10 am– Healthy Bones

Fridays

10 am– Exercise with Donna

Any events/programs that have a fee/cost must be paid for and signed up for in the office.

NEW PROGRAM!



Do you have concerns about falling?
Many older adults experience concerns about falling and restrict their activities.
A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Mondays and Wednesdays
June 20th, 22nd, 27th,
July 6th, 11th, 13th, 18th, and 20th
1 pm – 3 pm

This program is free sponsored by the Brain Injury Alliance of New Jersey
Space is limited please sign up!

Try Adult Coloring!

Great for your mind, dexterity,
and creativity!
Twice a month now!
Various books and patterns
to choose from
Wednesdays, 6/1 & 6/8

Lunch & Learn

Tuesdays at 12 pm \$3/contribution
6/7- Brook Health Care
6/14- Genesis Rehab Services *How to Get Therapy at Home*

Lunch

**We provide lunch Monday/
Tuesday/Friday through a
grant from Middlesex County
12 pm– 1pm (unless otherwise
marked on calendar)
\$4.00 contribution/meal**

Club Corner

Please note: *You can be a member of either the Pioneers or the North Brunswick Club.*

AARP Chapter #3885: This chapter started in 1986 and only those who are members of the national AARP are eligible to join this chapter. The chapter's main emphasis is on community service. Dues are \$10/year per person. A schedule of meeting and activities is as follows:

- Membership meetings– 1st Monday of every month at 1 pm.
- Socials (bingo)- 3rd Monday of every month at 12:30 pm.

For further information about the chapter contact Bill Kwiatkowski 732-846-3678.

Pioneers: Our motto is “*teamwork and friendship,*” make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Try your luck at Bingo on the 2nd & 4th Wednesday. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st & 3rd Wednesday of the month. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact Tony Puleio 732-249-1387 for more information.

North Brunswick Club (NBC): We meet every Thursday– We have Social (Bingo) every Thursday, and the third Thursday is our regular meeting and executive board meeting. We celebrate our members birthdays at the first meeting of the month. We also have a party at least once a month, such as Valentine's Day, St. Patrick's Day, etc. (there is a charge).

Our membership is open, so won't you consider joining our club on our **meeting day**? It's great to get together for a couple of hours a week to be amongst your peers for some talking, laughing, and sometimes singing. We would love to have you. We are a very gracious and understanding group of Senior Citizens. Thank you, Blanche Charlton, President– 732-348-8822.

Friends of the Senior Center: The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. Twice a year, they host the Flea Market, which raises money for events and activities at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center. Pat Murphy, President.

Transportation Information

You must PRE-REGISTER and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services.

Contact the office to set up an appointment.

Upon registration and pre-qualification you will receive a list of Township Approved Cab Companies to use for APPROVED services.

1. Each North Brunswick Township senior age 62 & over (or grandfathered in to the services due to previous use) will complete a passenger data sheet. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Cabs**.
2. Review uses of **approved** transportation services.
3. Refer to the details of the North Brunswick Township ordinance.
4. Review the receipt that will be issued to you.
5. Cabs will be **\$1.50 EACH WAY** within **North Brunswick** using **North Brunswick Cabs** with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be **75 cents each way**.
6. Cabs originating in North Brunswick, going **outside of the Township limits in any direction (up to 10 miles in total travel per one way trip)** will be **\$2.50 EACH WAY**.
7. Each person being transported as a single client **must receive and keep your receipt**.
The resident will no longer be required to call 24 hours in advance- instead you can call the same day from any of the **North Brunswick Cabs** on the list provided. Each trip will be considered a one-way trip.

Wheelchair Clients

1. Currently wheelchair service will be provided by the **North Brunswick Transportation Senior Center**. Appointments can be scheduled by calling **732-418-2222** in advance.
2. Hours of transportation for wheelchair clients will be from 9 am-3 pm.
3. The cost will be **\$1.50 EACH WAY** within **North Brunswick** using **North Brunswick Senior Center Transportation services**.
4. The cost for trips originating in North Brunswick, going **outside of the Township limits in any direction (up to 10 miles in total travel per one way trip)** will be **\$2.50 EACH WAY**.

Travel Time

Register for trips at the Senior Center

Return Times are Approximate. Please make sure to have proper photo ID on trips.

Thursday-June 16th
Hunterdon Hills Playhouse
Jukebox Heroes & Luncheon
\$65/person
Trip leaves Senior Center at 10 am

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TRIP IS FULL!!!!

ROCKETTES NEW YORK SPECTACULAR! July 27th!

This summer, come along for the ultimate New York adventure with the Rockettes® in a show that makes the ordinary extraordinary—the New York Spectacular Starring the Radio City Rockettes™! See one family's day in New York City magically come to life on stage, showing its many splendid wonders and bringing the family closer together.

Boxed lunch and motorcoach transportation included!

Orchestra tickets! Trips leaves Senior Center 9:15 am-2 pm

\$68/person

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Please note:

Seating is assigned by the date you pay for the trip.
Not when you sign up.

Refund Policy:

In accordance to the Department of Parks, Recreation, & Community services policy— all Senior Center trips & activities are
NON-REFUNDABLE

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30—Line Dancing 10:30— Chair Yoga 11:30— Adult Coloring Club 1—Pioneers Meeting	2 9— Wood Carvers 9:30—Zumba 10— Bocce Home 10— Healthy Bones 12:30— NBC Open Bingo	3 9:30— Barber 10— Exercise with Donna	4
5	6 9:30—Chair Yoga 10:20—Zumba 11—Primetime Fitness 11:30— Lunch 12:30—AARP MEETING	7 9:30—Walking 9:30—Healthy Bones 12— Lunch & Learn Brook Health Care 12:30—Healthy Bones	8 9:30—Line Dancing 10:30—Chair Yoga 11:30— Adult Coloring Club 12:30— Pioneers Social	9) 9— Wood Carvers 9:30—Zumba 9:30— Bocce Away 10— Healthy Bones 12— NBC Board Meeting 12:30— NBC Meeting 1— NBC Open Bingo	10 9:30— Barber 10— Exercise with Donna 12— Lunch 1— Ice Cream Social	11
12	13 9:30—Chair Yoga 10:20—Zumba 11—Primetime Fitness 11:30— AARP Coupon Clipping 1:30— AARP Crochet Club	14 9:30—Walking 9:30—Healthy Bones 12—Lunch & Learn How to Get Therapy at Home Genesis Rehab Services 12:30—Healthy Bones	15 9:30—Line Dancing 10— Friends Meeting 10:30—Chair Yoga 12— Pioneers Mother's/Fathers' Day Lunch	16 9— Wood Carvers 9:30—Zumba 10— Jukebox Heroes Trip 10— Bocce Home 10— Healthy Bones 12:30— NBC Open Bingo	17 AARP to Monmouth Park 9:30— Barber 10— Exercise with Donna	18
19	20) 9:30—Chair Yoga 10:20—Zumba 11—Primetime Fitness 12:30— AARP Social— Bingo to All Seniors 1-3 Matter of Balance Program— 1st class	21 9:30—Healthy Bones 11— Red Lobster/Denny's/ IHOP 12:30—Healthy Bones	22 9:30—Line Dancing 10:30—Chair Yoga 1-3 Matter of Balance Program	23 9— Wood Carvers 9:30—Zumba 10— Bocce Away 10— Healthy Bones 12:30— NBC Open Bingo	24 9:30— Barber 10— Exercise with Donna 4:30 pm— 7 pm Spring Dance! \$3/person Dinner & Entertainment!	25
26	27) 9:30—Chair Yoga 10:20—Zumba 10:30 AARP Board Meeting 11—Primetime Fitness 1:30— AARP Crochet Club 1-3 Matter of Balance Program	28 9:30—Walking 9:30—Healthy Bones 12— Lunch 12:30—Healthy Bones	29 9:30—Line Dancing 10:30—Chair Yoga 12— Special Luncheon Home cooked meal by Blaise! \$4	30 9— Wood Carvers 9:30—Zumba 10— Bocce Home 10— Healthy Bones 12:30— NBC Open Bingo		